

RAKUEN TRANSLATIONS

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URASUNDAY

Danberu nan kiro moteru?

AUTHOR: SANDROVICH YABAKO
ARTIST: MAAM
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URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
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CHAPTER 31 - CALF RAISES

ONE
DAY,



A TV
CREW
CAME TO
SILVER-
MAN'S
GYM



WHOA,
THIS PLACE
IS MORE
SUBSTANTIAL
THAN I
THOUGHT!

MUJI TV
DIRECTOR:
DEIRE
KUTAROU



Note: Satomi-sensei's alias is the same as last alias, "Hirata-san."
Based on Junji Hirata's time spent in the New Japan Pro Wrestling
as masked wrestler "The Super Strong Machine."

*Even the gym approved. So, they'll be training in their uniforms, as it's a special occasion.

OKAAAAAY!!

SO NOW THE HIGHER-UPS HAVE DECIDED TO INTRODUCE THE GIRLS IN A SPECIAL CORNER OF A VARIETY SHOW.

BECAUSE OF HIBIKI'S AND FRIENDS' WORK(?), MUJI TV GOT REALLY HIGH RATINGS FOR THEIR NEW YEARS PROGRAM.

LET'S ALL WORK TOGETHER!

THE SUPER EXERCISE MACHINE

ZINA VOID

UEHARA AYAKA

SOURYUUN AKEMI

HIBIKI SAKURA

THIS PLAN OF MINE IS PERFECT!!

HIGH SCHOOL GIRLS IN UNIFORM x SPORTS = HIGH RATINGS!

FUFUFU...

THE INSTIGATOR OF IT ALL IS, OF COURSE, THIS MAN.

.....? CLOTHES...? ..?

THE GYM OFFERED WORKOUT CLOTHING, SO WE NEED TO CHECK SIZES.

HUH?

IT'S TIME TO GET READY!

DEIRE-SAAAN,



AND WHAT
KIND OF
CLOTHING
IS THIS!!!?

WHY DID
I NEVER
HEAR
ABOUT
THIS!!!??

WE HAD A
SMALL
CHANGE
IN THE
SUBJECT
OF OUR
PROGRAM.

SO
YOU'LL BE
TRAINING
WITH THE
GIRLS,
DIRECTOR
DEIRE.

PROPER
PROCE-
DURE,
PLEASE!!!

*"Report.
Redress.
Resolve"

IT WAS
A BIT
SUDDEN,
BUT I
MANA-
GED TO
CHANGE
THE
SCRIPT.

AUTHOR

PRODUCER

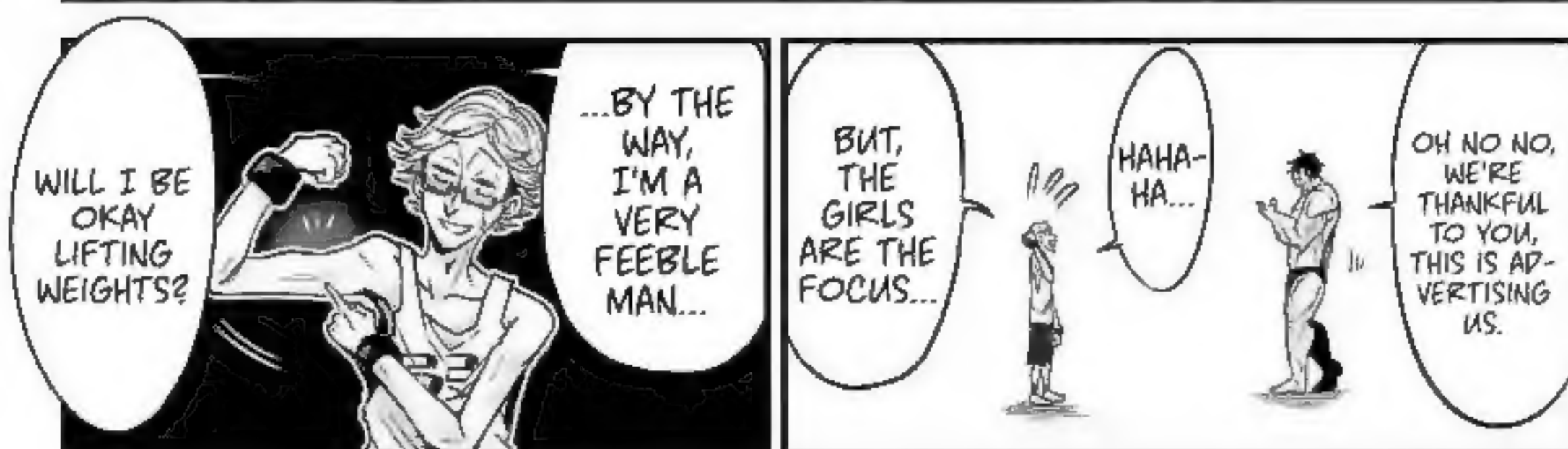
CHAN-DI, YEEAAHH,
I THINK WE GOT
IT'D BE THIS!
SUPER
INTER-
ESTING IF
YOU PUT
YOURSELF
IN THIS!



SO
YOU'RE
DIRECTOR
DEIRE-
SAN.

ACTUALLY,
DEIRE
KUTAROU
HAS NEVER
PLAYED
ANY SPORT
BEFORE.

Dammit!
Come on,
even when
I've never
tried body-
building?





....NO, IT'S MY IMAGINATION, RIGHT?



HAVE I... MET THIS GUY BEFORE?





AND WHEN
I WEAR
SHORTS,
THEY LOOK
SO PATHETIC.
I CAN'T EVEN
LOOK AT
THEM...



LET'S
SEE...
THE PART
I'M MOST
HUNG UP
ABOUT,

MY LEGS,
PROBABLY,
AND MY
CALVES
LOOK
TINY,
RIGHT?



THEN
LET'S
TRAIN
YOUR
CALVES
TODAY.

I SEE!



**YEEEAH!!!
WAY
MUSCU-
LAR!!!!!!**

LET'S DO
SOME CALF
RAISES
RIGHT
AWAY.....
AWAY...
WAY...



DO YOU
NEED
US?

C-CALF
RAISES...?

CALF RAISES

MACHINE

We believe most gyms have these machines.

BARBELL CALF RAISES

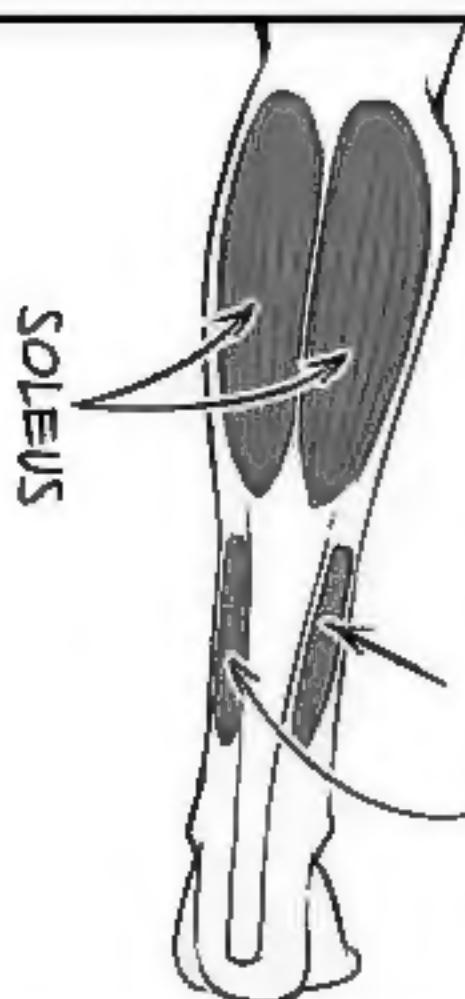
You can also substitute it with barbells and use your body weight!! :-)

SHOULDER WIDTH APART

And the calves are especially neglected among this!

Lower body training is often neglected compared to upper body training.

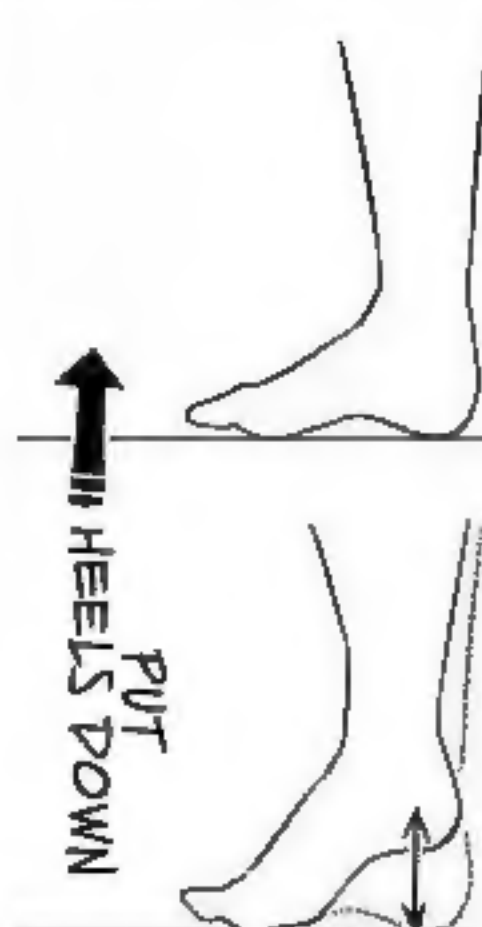
But if you're aiming for perfect legs, you need to train your calves.



Calf raises train the TRICEPS SURAE MUSCLE (GASTROCNEMIUS AND SOLEUS)


GASTROCNEMIUS

SOLEUS



While keeping your knees fixed, repeatedly RAISE YOUR HEELS UP AND DOWN SLOWLY.

Try to aim for 15-20 times at a weight you can complete, while keeping your muscles tight.



The calf
muscle is
also called
the
SECOND
HEART.

Make sure
to train
them and
aim for a
healthy
body!













INCIDENTALLY ACCIDENTAL

